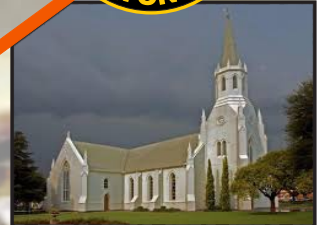




5 IN 1 RACE

03 February 2018



Qualifier



STARTING TIMES

06:00 - 42.2 & 32 km
06:10 - 21.1, 15, 10 km
06:20 - 4.9 km

VENUE

Izimbiwa Central Office, Middelburg
(Old Shanduka Central Office)

Co-ordinates: S25:48:56 / E29:25:48

Enquiries: Middelburg Marathon Club

Tel no: 072 593 7346
admin@midmk.co.za

Entries: From 05:00 on race day
Pre-entries: www.entrytime.com

The race will be run according to the rules of the IAAF and ASA:

Obey All Traffic Officials and Race Marshals
No seconding will be allowed.

Ages: Athletes for 10 km must be 14 years or older,
 15 km must be 15 yrs or older, 21 km must be 16 yrs,
 42.2 km must be 20 years or older on the day of the race.

All athletes will participate at their own risk.
 Proof of age(ID) to be produced upon request on day of race.

Registered athletes must wear full club colours.
 Licence numbers must be worn on
 the front and back of the vest.

Temp licence at the front.

Age category ID tags / walkers tags must be worn
 back and front by athletes competing for
 category prizes, and must be fixed on 4 corners

Directions: From the N4 take the Van Dyks Drift /
 Middelburg turnoff towards Middelburg (R575), then turn
 right at the first road(Kruger Dam). Drive until you find
 Izimbiwa Offices on the right hand side

**Food, Coffee &
 Drinks Supplied
 By:**

Pienaardam
079 882 5207

Entry Fees:

4.9 km - R 30
 10 km - R 50
 15 km - R 70
 21.1 km - R 100
 32 km - R 120
 42.2 km - R 140

Grand Master - Free

Temporary Licence - R30

Medals

Bronze
 Silver: Sub 40min / Bronze
 Silver: Sub 60min / Bronze
 Silver: Sub 1:24 / Bronze
 Silver: Sub 2:04 / Bronze
 Silver: Sub 3:00 / Bronze

Medals to all Finishers

**Free T-Shirts to the first
 250 entries on Entry Online.**

IZIMBIWA COAL 5 IN 1														
2018														
PRIZE MONEY														
RUNNERS	Juniors (under 20)		Seniors (20-39yrs)		Veteran (40-49yrs)		Master (50-59yrs)		Gr Master (60-69yrs)		Walkers		Fun Run 4.9 km	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
42.2 km	1 st		2500	2500	1500	1500	500	500	500	500				
	2 nd		1500	1500	1000	1000	400	400	400	400				
	3 rd		500	500	500	500	350	350	350	350				
32 km	1 st		400	400	350	350	350	350	350	350				
	2 nd		300	300	250	250	250	250	250	250				
	3 rd		250	250	200	200	200	200	200	200				
21.1 km	1 st	300	300	400	400	350	350	350	350	350	400	400		
	2 nd	250	250	300	300	300	300	300	300	300	350	350		
	3 rd	230	230	250	250	230	230	230	230	230	300	300		
15 km	1 st	230	230	300	300	280	280	280	280	280				
	2 nd	200	200	230	230	230	230	230	230	230				
	3 rd	180	180	200	200	180	180	180	180	180				
10 km	1 st	180	180	280	280	250	250	250	250	250	280	280		
	2 nd	150	150	210	210	180	180	180	180	180	180	180		
	3 rd	130	130	180	180	130	130	130	130	130	180	180		
4.9 km	1 st												200	200
														51760



Referees DECISION IS FINAL

I declare that I run at my own risk and indemnify the organizers/sponsors of any responsibility for injuries or loss. Athletes, entering for this event, and use medication to treat an illness or condition which fall under the PROHIBITED LIST, should complete a THERAPEUTIC USE EXEMPTION (TUE) form before entering and obtain authorization from SAIDS to take the needed medicine or method.